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TITLE : METHOD FOR PRODUCING DRINK OR FOOD COMPOSITION

ABSTRACT : **PROBLEM TO BE SOLVED:** To provide a method for producing a drink or a food composition which uses the hull portions of grains as a raw material, plentifully contains useful physiologically active substances such as polyphenols, has an excellent taste, and is suitable for eating itself as a main component.

SOLUTION: This method for producing the drink or the food composition is characterized by holding a mixture of water with the hull portions of the polyphenol-containing grains or the water extract of the hull portions of the polyphenol-containing grains in the presence of a useful microorganism. The useful microorganism includes a microorganism, lactobacillus and yeast contained in malt. The drink or food composition plentifully contains various healthy ingredients such as the polyphenols and γ -aminobutyric acid, has a good flavor and a good taste, can be used as a healthy food raw material, and has effects for blood pressure normalization, coprostasis amelioration, blood glucose level normalization, cholesterol level normalization, obesity prevention, and the like.

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